

HEALTH RESORTS

DURING SICK LEAVE.

(13)

BY

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CIVIL SURGEON OF JESSORE, BENGAL.

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THE writer of this article having been obliged to go home on sick leave for Peshawur fever, with enlargement of the liver and spleen, has obtained some experience, the result of which he respectfully places at the disposal of the Profession in India.

The Invaliding Committees meet in Hill Stations on 1st October, so that the patient who goes home on sick leave reaches Europe at the beginning of winter, a season which is too severe for a constitution debilitated by several years' residence in India. On the other hand, it is not well to go home in the hot weather, as the voyage is too trying for an invalid during the monsoons.

After a long exile one is naturally anxious to see home and home friends once more, but by going direct to England, recovery is so much retarded that a great deal of one's leave is utterly wasted, and the object of the following remarks is to suggest to invalids the way to make the most of their leave.

In the first place, they should not go home in a Troopship, even if they are entitled to their passage, for the discipline necessary to maintain order among 1,600 or 1,700 people is too irksome for patients; none but people in ordinary health can endure the routine. No one is allowed to sleep on deck even in the Red Sea, and junior officers have to live on the lower deck

(commonly called Pandemonium) where the ports are so close to the sea that they can hardly ever be opened. As if this arrangement did not make the air sufficiently stuffy, the floor of this deck is full of trap-doors leading to spaces below it occupied by steward's stores, which exhale sickening odours of candles, soap, cheese and bacon.

The P. & O. fares have now been so much reduced, and the arrangements on board this Company's fine vessels have been so much improved, that a patient can take a voyage in them with great comfort. The meal hours now are 9 A.M. for breakfast, 1 P.M. for lunch and 6 P.M. for dinner. Tea or coffee and toast for chota hazaree is served in the cabins between 6 and 7 A.M., and people whose appetite has failed at dinner can have in their cabins at 10 P.M. a light supper of sandwiches or biscuits, with anything they like to drink, well iced. Every bath is fitted with a shower bath, and can be heated by steam to any temperature desired. At sea the attacks of fever became so much weaker and less frequent, that the present writer only regrets he went home in winter instead of going to Australia, as he believes the voyage there and back would be of great benefit from what he has heard.

The P. and O. Company sends a monthly steamer to Australia, ships from China, Calcutta, and Bombay all meeting at Galle on dates which may be ascertained in a pamphlet issued periodically at the Agents' offices.

Galle is 7 days distant from Bombay, 7 from Calcutta, 3 from Madras, 5 from Penang, 7 from Singapore, 14 from King George's Sound, 19 from Adelaide, and 23 from Melbourne.

The voyage therefore is not tedious, for fine summer weather is enjoyed all the way, and the vessel touches every few days at some port where voyagers can go ashore and amuse themselves while the ship is coaling.

The steamer stays only about 18 days at Melbourne, so that if the patient left Calcutta or Bombay about the middle of October, he would return to India in January, when, if he did not feel

inclined to spend the remainder of the winter in Egypt or the South of Europe, he might probably feel strong enough after his two months' voyage to spend January and February in India.

There would be an advantage in so doing, for every one knows what excellent health one has on the march, so if the invalid were to join some regiment moving in course of relief from one station to another, or even if he were to go into camp on his own account, he could enjoy a little sport and perpetual change of air at very moderate expense, or he might visit parts of India which he might never otherwise see. Moreover, he could still have his own horses, and when an invalid begins to recover in England, he misses nothing so much as his horses, for he is too weak to walk, and it is impossible at home to keep, or even hire, horses while on half pay.

If the patient be too weak to ride, and decides on going to Egypt, he can reach Cairo in a fortnight from Bombay, and must then consider if he will stay at Cairo or will go up the Nile. The Nile voyage is very monotonous, and is chiefly valuable for affections of the respiratory organs; but before deciding on any plan, the patient had better consult Dr. J. S. Grant, the medical adviser to H. M. Consular Court in Cairo, who lives at the Palais Matatia Nahman, by the Esbekiyeh gardens. Dr. Grant has here established a sanatorium to meet a want which has long been felt—to provide a quiet residence for invalids who cannot stand the racketty life of a hotel. The Palais is a fine stone house, having lofty rooms with a marble staircase, lobbies and balcony. It has a back staircase for servants, while the water closets are well supplied with water, and outside the house, to which they are connected by lobbies. For the convenience of Indian officers there are quarters for native servants if they like to bring their own bearers, and native latrines for the use of the latter.

There are hot, cold, and shower baths, and the whole place is superintended by a European housekeeper.

An English nurse and druggist are attached.

Chota hazaree is served in the bed-rooms at any hour the patient likes, the other meals are in the dining room at ten, half-past one, and seven o'clock.

The charge is twenty-five shillings a day for board, lodging, and medical attendance if the patient is alone. If he occupies a double-bedded room with his wife or friend, the charge is seventeen shillings a day each. All the hotels charge sixteen shillings a day each, but the Palais is much cleaner, quieter, and more comfortable. Medicines, wines, and washing are extra. The Dhobies at Cairo wash pretty well, charging 3s. 6d. a dozen for ordinary things, but special extra prices for ladies' garments.

Cairo is very like Calcutta, only the houses have no verandahs. It is more expensive than any Indian city, and the food there is not nearly so good, but after India one can put up with it a little while as it does one good. The air feels dry, very like the air in the Indian plains in the cold weather, but more bracing, as there is always a slight breeze from the desert, from which indeed Dr. Grant's house is separated by less than a quarter of a mile of houses.

A sanatorium was started once actually in the desert close to the Great Pyramid, eight miles from Cairo, but life there was found so intolerably dull that people would not stay in it.

Dr. Grant's house is close to the gardens and the opera. A *café* is near at hand, but it has no music, so the house is quiet at night, while visitors are disturbed at Shepherd's hotel by a *café chantant*, and at the New hotel, by dogs which congregate and howl in an open space at the back. Invalids should not reach England till after the vernal equinox, for the gales at that time are bitterly cold and very apt to produce congestion of the liver.

If they choose to stay at Cairo, Dr. Grant says the heat does not become unpleasant till the end of April, and an American gentleman reported that he felt a temperature of 110 ° F. in the shade at Cairo in 1876 much less oppressive than that of 95 ° F. at New York in 1875, the air of Cairo being so dry that even its summer heat was more tolerable than that of America.

If the patient gets tired of Egypt, he can try the south of Europe, and with proper precautions he will find Malta very agreeable for a short time.

Note "with proper precautions," for "Malta fever" is a remittent fever of the worst sort by which patients are more "shattered" than by any other. Among its sequelæ are various forms of paralysis, recovery from which is very slow. A good Cantonment Magistrate seems much wanted in Malta, for the natives seem to be utterly without any conservancy arrangements, and the sights and smells are so horrible that the place would probably be a hot bed of enteric fever if it were not for the dryness of the atmosphere, smallness of the island (about the size of the Isle of Wight) and the perpetual sea breeze.

One is very comfortable at Dunsford's or at the Imperial Hotel, and one feels quite at home on finding English coal fires burning in English fireplaces, for the climate is like that of the Punjab in the cold weather. The food is more English than at any other place in Europe; one is refreshed at the sight of such enormous eggs for breakfast, and such huge sirloins of beef for dinner. The fish of all sorts is excellent, especially fried *gramersa* with *sauce piquante*.

The "go-carts" are very cheap: they are like the teeka garies at Aden, and though there is no scenery in the island, you can enjoy the fresh sea air in various drives; but invalids ought here (and indeed everywhere in the south of Europe) to go home half an hour before sunset, as the twilight is almost as short as in India, and the sudden fall in the temperature is very apt to bring on fever.

There is a very nice united service Club in Valetta, and officers who visit Malta are readily admitted, no matter how short their stay may be.

Florian's Piroscabo Italiano, (Italian mail steamer) leaves the island once a week for Sicily and Naples, touching at Syracuse, Catania, and Messina; from the latter place a branch steamer runs to Palermo.

A railway will run by and by from Syracuse to Palermo, but at present it is finished only as far as Catania.

Palermo is a delightful winter residence, being bright and sunny in November and December when Naples is drenched with rain and howling with wind. But the habits of the natives are as filthy as those of the Maltese, and since few Anglo-Indians speak Italian they prefer to push on to Nice or Cannes, though they do not stay long there as a rule.

The mail steamer takes twelve hours to go from Malta to Syracuse. Here many passengers land and go by rail to Catania, to see something of Mount Etna and the surrounding country. N.B.—It is very cold going up, too cold for invalids, and even people in health want plenty of warm clothing for the ascent.

The steamer takes in cargo at Catania and Messina, so passengers have plenty of time to see these places.

The day after leaving Messina you reach Naples, and here the invalid should not halt, for the sanitary arrangements of the hotels are so bad that many a case of enteric fever has been traced to this source.

The traveller may either take the weekly steamer of the Messageries Maritimes from Naples to Marseilles, or he can go through Italy by rail. If he is a good sailor he had better go by sea, leaving sight-seeing in Italy to be done on his journey back to India, for the art collections are in stone palaces which are dreadfully cold, and an invalid is too weak either to enjoy the pictures or to endure the cold, especially as there is seldom any chair or bench to sit down upon.

Ajaccio in Corsica has become a favourite winter resort of late years, and is approached by steamers from Marseilles, Genoa, and Leghorn. At Portigliolo, near Ajaccio, Indian officers will find a jolly Major of the Bengal Staff Corps, who has retired on his estate there, because he can stand neither the heat of India nor the cold of England, and right well he looks, enjoying a healthy life among his vines and citrons.

At Nice and Cannes the climate is not suitable for Indian patients, as they have to contend at the same time with a hot sun and a bitterly cold wind called the Mistral, which comes howling down from the mountains as if it would cut one's ears off, and at the Christmas time of 1874-75 it actually covered the beach at those places with snow. This had not been seen in these towns for forty years, yet in a few days afterwards people were bathing in the sea as usual. Ang'o-Indian patients cannot stand such sudden changes of weather. Even if they stay at home during the storm they cannot keep warm, for the wretched wood-fires give out no heat, and fuel is very expensive, 3 francs a basket, of which you want four or five in the day.

Montpellier is no longer a health resort, as it is six miles from the sea, and is quite eclipsed by Nice, Cannes, Hyères, Mentone, San Remo, and Bordighera, all of which have their good points, but they will not suit a fever-stricken Indian patient for his first winter in Europe. If he likes to go to any of them in the second winter of his sick leave, he may then enjoy them if he can afford to go, for they are very expensive, and by the time a man has been a year at home, he begins to find he has not too much to spare for luxuries, and it is hoped this article may show him how to spend his second winter in England.

These six places, fashionable though they are, owe their attractions to the gifts of nature, not the efforts of man, and in all of them it is advisable to live in the less crowded or at the higher parts of the town, for the conservancy is so bad that all the purity of the air cannot prevent one's nose from being frequently assailed with overpowering stinks.

Our patient having passed the winter and spring at sea, in Australia, in India, in Egypt, in Malta, in Corsica or the south of France, is anxious to reach London in time for the season, and wants advice to teach him how to get rid of the last slight remains of his fever and to recover his strength.

Naturally he goes to the Physician to the India Office, but

since the death of Sir Ranald Martin, his successor is not allowed to prescribe for officers on sick leave, and has nothing to do with them till they come before the medical board to apply for permission to return to duty, or to get extension of leave.

Our patient does not know where to go for advice, and he consults haphazard various medical men whose names he hears mentioned in conversation, but is often bitterly disappointed to find they do him no good, and this is the reason why this article was written. For medical men at home do not understand tropical disorders, and the writer has met officers whose leave had nearly expired without their recovering their health, so that they were actually apprehensive of being invalided, since they had consulted many physicians without benefit, so they naturally concluded they were past all treatment.

When men cannot cure their patients themselves, it is as well they should know where the patients might have a chance, and for this reason we cannot too strongly recommend to the notice of Indian Medical Officers "The Baths and Wells of Europe" (2nd Edition, 1875, Macmillan) by Dr. John Macpherson, a retired Inspector-General of the Bengal Army, residing at 35, Curzon Street, Mayfair, London. This most useful book contains a map showing the position of all the medicinal springs in Europe. All of them are noticed in the book, and Dr. Macpherson has himself personally examined all the principal watering places, so as to be certain of the information he gives, the latest results of which were reported in the British and Foreign Medico-Chirurgical Review for January 1876, pp. 40—63, in an article called "Baths, Waters, and Climate Cures," which also includes a review of the works of Braun, Rohden, and Weber, so that the Profession can very easily become *au courant* with Balneology. The present writer is very glad to find his own opinions entirely in accord with that officer's wide experience, and patients will not complain of their leave being wasted while they are under Dr. Macpherson's care, for his long service

in the East enables him to indicate a method of speedy cure. Having examined the patient and read his sick leave papers, he sees at a glance what treatment has been ineffectual, and if he thinks drugs useless he frankly says so, but sends him to one of the German watering places with a note to one of the bath physicians.

For Anglo-Indians there is no place like Carlsbad in Bohemia, as it seems of no avail for diseases of the thorax, but beneficial to all disorders of the digestive functions, including gout, rheumatism, rheumatic gout, dyspepsia, diabetes, enlargement of the liver or spleen, chronic dysentery or diarrhoea. The last two are sometimes treated with injections of the mineral water with good effect. Encmata of warm water, gently and gradually injected, are often most useful for these complaints, and are not enough used in India.

The average temperature of Carlsbad water is about 125°F., and in sixteen fluid ounces (rather under one dose), we find the following chemical constituents:—

Carbonic Acid gas in suspension	...	17 cubic inches.
Sulphate of soda	...	17 grains.
Carbonate of soda	...	9·7 „
Carbonate of magnesia	...	1·3 „
Chloride of sodium	...	7

Say, in round numbers, 35 grains of total solids to the pint, with about half that amount of carbonic acid gas in cubic inches suspended.

There are seventeen springs, ranging in temperature from 90°F. to 140°F., the hotter springs having the stronger taste, more salt being in solution. The four principal springs are the Sprudel, 140°F., the Schlossbrun, 114°F., the Mühlbrun 111°F., and the Marktbrun 106°F.

Dr. Secgen, Professor in the University of Vienna, and Dr. J. Krauss speak English, so the English and American visitors go to them.

The season at Carlsbad is from April to October, so if the

Anglo-Indian goes from Egypt to London *viâ* Brindisi by the 15th of April, he could see his friends, deposit his luggage, get advice in London, and reach Carlsbad by the end of April.

The cure lasts about a month, seldom so long as six weeks, so the patient could have a short time in London in June, and then go to Scarborough or some other sea-side place, so as to be very nearly if not quite ready to have a crack at the grouse by 12th August.

If the weather is too hot for him to shoot in comfort there he could at all events go to Scotland for the autumn and winter shooting, where the bracing air of the moors would complete his cure and enable him to be almost out of the doctor's hands while he was establishing his health during the rest of his leave.

We said 'deposit his luggage,' for there is no table d'hôte at Carlsbad, nobody dresses, as dinner is at one o'clock, and people mostly dine under the trees or in the verandahs, so a man need not take any luggage but such as can be contained in a portmanteau small enough to go in the netting of a first class railway carriage. Let him go first class, because the second class carriages are crowded in summer to a degree perfectly intolerable to officers who have been accustomed to the spacious carriages in India. A first class return ticket from London to Carlsbad and back, available for thirty days costs only eleven guineas, and you can easily afford it if you take only a portmanteau which you can carry yourself, for the charges on the continent for luggage carried in the van are enormous. If your wife is with you the luggage costs almost as much as the railway tickets, so it is an immense satisfaction to go from London to Carlsbad and back and pay absolutely nothing for luggage.

Take the tickets beforehand from Cooke the tourist agent, His tickets save no end of time and trouble, and the continental railway officials are used to them. After several years' service in India one's French and German is rusty, Hindustani words

too frequently rising to one's lips instead, and as the route is printed on these tickets, one is saved all bother. Here is the route, leaving London by the Victoria station:—London, dep. 7-40 A.M., Dover, 9-45 A.M.; Calais, 11-15 A.M. (lunch); Brussels, dep. 5 P.M.; Verviers, 7 P.M. (dinner); Cologne, 11-30 P.M.; Mainz (change), 5-40 A.M. next morning; Aschaffenburg, 8 A.M. (change); Wurzburg (breakfast), 10 A.M. (change); Bamberg (lunch), 12-30 (change); Oberkotzau, 3-50 P.M. (change); Eger, 5-40 P.M., *douane* and dinner (change); Carlsbad, arr. 7-40 P.M. Journey occupies 36 hours.

The return journey cannot be done so quickly as the trains do not match so well, and if you wish to reach London in 48 hours, you have to leave Carlsbad at 4 A.M.

It is better to go from Carlsbad to Franzensbad the first day by a local train in the middle of the day, so as to see Franzensbad and Eger—(Wallenstein was murdered at Eger).

Next day you can leave Franzensbad at 9 A.M.; Asch (frontier *douane* for leaving Austria) at 10 A.M.; Oberkotzau, 11 A.M. (change); Bamberg, 2-30 P.M. (change); Wurzburg, arr. 4-45 P.M., dine and change, dep. 5-30 P.M.; Aschaffenburg (change), arr. 7-30 P.M., dep. 8-10 P.M.; Mainz, arr. 10-15 P.M., (change), dep. 11-45 P.M.; Cologne, arr. 5-30 A.M. next morning, dep. 5-45 A.M. (change), and breakfast; for at Verviers, 8 A.M. you change and have a *douane*, dep. 8-15 A.M.; Brussels arr. 11-50 A.M. *gare du nord*, change; dep. 8-20 P.M. *gare du midi*, the trains not running between these stations as on the outward journey; Calais, arr. 1-30 A.M. next morning, dep. 2 A.M.

Dover arr. 4 A.M., dep. 5 A.M. London arr. 6-30 A.M. and have a much needed bath and breakfast at the Grosvenor Hotel before joining your friends.

The expenses at Carlsbad are moderate, as follows:—

Every visitor has to pay a general tax of 10 florins (rupees), but medical men and their families are exempt from this.

Every visitor has, in addition, to pay a music tax of 5 to 17 florins, according to the number in his family, and no one is exempt.

Visitors are also "invited to contribute" to numerous charities.

The baths cost from 1 to 3 florins each, according to its composition, and these also are free to medical men and their wives, but every one always gives his attendant the smallest of the silver coins after the bath—about twopenee.

The mineral water you drink is given freely at the springs, but on leaving Carlsbad every visitor gives the "nymph of the well" who fills his glass one or two florins. The lodgings cost from 8 to 10 florins per room per week on the Schlossberg, the English quarter. All these are good, and the people speak English there, but you must go out to dinner, and if you prefer to get your meals at home you can go to the König's Villa, the best Hotel and Pension in the town and in the best situation, so it is naturally dearer than other places, but it is worth the difference, while Mr. Fasolt, the proprietor, deserves to be encouraged by English visitors as he freely gave his saloon to the English padre for divine service during the erection of the new church, when every other hotel keeper demanded ruinous terms.

The doctor's fee is 50 to 60 florins according to the length of the cure, but as at home he accepts none from medical men or their families.

Carlsbad is 1,000 feet above the sea in a valley at the confluence of the rivers Tepl and Eger. The appearance of the district reminds one of Simla, except that the town is built in streets instead of having the houses detached. The hills are covered with pines in the same way, beneath the shade of which one can walk many miles, halting when tired to rest on some of the numerous benches. The paths are seldom too steep for the little donkey gigs which go everywhere (charge 3 florins per afternoon), but when the roads were so good, much better than at Simla, it was surprising to find no one riding, though there were thousands of visitors.

We heard that riding was not much in vogue at watering

places abroad, except at Hamburg, Wiesbaden, and Rippoldsau, but there is plenty of it at Spa.

The day at Carlsbad is thus spent:—

At 6 A.M. you are awakened by a band which plays from six till eight, when the waters are drunk.

The first tune is a hymn tune, the others, selections from various operas. You drink from one to four tumblers of the hot water fasting, with a quarter of an hour interval, and walk about till an hour after the last tumbler. Then you have a light breakfast of bread and coffee, and at 11 A.M. have your bath.

At 1 P.M. is the dinner, a most inconvenient hour, but it seems the national time all over Germany, and if you don't dine then you get nothing properly cooked afterwards.

From 2 to 6 P.M. excursions, visits, concerts, shopping. The average fat German, however, prefers to loaf about, and smoke. At 6 P.M. a sort of tea with eggs, cold meat, &c. The evening is spent in concerts, operas, dances, &c.

The doctors' consultation hours at home are 7 to 9 A.M. and 3 to 5 P.M. They prefer to see you in the morning fasting, as percussion of the liver is then easier—a good arrangement.

It is not safe to drink or bathe without advice, for Carlsbad water is not a mere purgative; the purgative action of the sulphate of soda is modified by the carbonate of soda and carbonic acid, producing an alterative effect, which varies very much in different people, and which requires to be watched carefully by the bath physicians, whose local experience is not to be set at naught, as you soon find if you try. They move you about from spring to spring, from the weaker to the stronger, and decide if you are to bathe or not.

You bathe generally in mineral water one day and in peat the next. The temperature of the mineral bath is about 83°F., that of the peat bath 83°F. to 86°F. You remain in the bath twenty minutes.

An hour is allowed for bathing, but this includes time for preparing the bath and for dressing afterwards.

The sensation of the mineral bath is like that of very soft water, the alkaline water removing a quantity of epidermis as you might expect.

The peat bath feels like an enormous poultice, and is very troublesome to wash off. It is said to stimulate the skin, which might be expected, and to disperse all gouty and rheumatic deposits.

Be that as it may, the present writer found it brought back long forgotten dengue pains, and on reporting this he was told it was all right—a course of Franzensbad water would complete the cure. The difference between a pint of Carlsbad and a pint of Franzensbad water is readily seen by the following table:—

		Carlsbad.	Franzensbad.
Bi-carbonate of soda	... grains	9·7	10
Sulphate of soda	... „	17	25
Carbonate of magnesia	... „	1·3	<i>nil</i>
„ of iron	... „	<i>nil</i>	·37
Chloride of sodium	... „	7	9
Carbonic acid gas	... cub. in.	17	30 to 40.

The peat baths of Franzensbad are the same as at Carlsbad, just warm water and leaf-mould, smelling of iron—reaction acid. No doubt peat baths at home would do just as well.

The mineral water at Franzensbad having so much more carbonic acid gas in it than at Carlsbad, produces a different sensation, a tingling all over you, just like the pungent tickling produced in the mouth by effervescing champagne or soda water, being due of course to the same cause.

The mineral water at Carlsbad is so warm that it is simply conducted in pipes from the spring to the bath, but at Franzensbad, the water is cold, and is artificially heated.

It cannot be boiled, as the carbonic acid would thus be expelled, so the baths are made in two layers with a space between. The inner layer is made of zinc, and the outer of wood. The cold water flows into the zinc bath, and then steam is admitted between that and the wooden bath, heating the water to 86°F., in a few minutes.

We found some bath physicians attributing all the virtue of the mineral water to bathing, others all to drinking.

We tried both in turn and feel bound to pronounce in favour of drinking. At the same time we must allow for individual idiosyncrasy; bathing might perhaps be more suitable for some constitutions.

A well known popular cure at home for rheumatic gout is a warm "soda bath," the soda used being the common "washing soda" used by laundresses, at the strength of a handful to a pailful of hot water.

The Carlsbad mineral water is the thing for Anglo-Indians. It is not so nasty as you would expect, the carbonic acid taking off the soapy taste. For the first week it produces no obvious effect but diuresis, then the head begins to feel rather full, and soon afterwards it acts as an aperient, a cholagogue cathartic effect being sometimes reached, but not necessarily.

One feels rapidly improving in the second and third weeks, the pain between the shoulders disappears, and one is at length able to sleep on one's left side as well as on one's right. The jaundice fades, the complexion becomes clear, the eyes bright, the tongue clean, and the appetite sharp, even for a German dinner at midday.

One very troublesome symptom is the last to disappear. Some elderly patients with very chronic enlargement of the liver and jaundice have been known to stay six weeks at Carlsbad, instead of three or four, before they could get rid of a most annoying itching of the skin. This becomes worse instead of better when bathing first begins, and disappears very gradually, often requiring Bromide of Potassium to deaden the irritability of the periphery of the sensory nerves.

The diet has to be very simple, but as varied as possible from day to day. The butter at Carlsbad is not so good as its bread; its meat not so good as its coffee. You are generally ordered to drink Vöslau Goldeck, a red wine like a poor Burgundy, mixed with Giesshübler water, but Englishmen usually drink wine

so much stronger than foreigners, that the Carlsbad doctors admit they have to give Englishmen brandy sometimes, or patients suffering from gout or rheumatism would be dangerously lowered by the amount of alkali imbibed during the cure.

An omnibus runs from Carlsbad to Gieshübl, five miles off, where a spring called König Otto Quelle yields an acidulous water very like Apollinaris water, very pleasant to drink, and in common use as a beverage at Carlsbad, where the bath physicians recommend it in all sorts of indigestion, gout, and rheumatism.

10 / Mr. Mattoni, the proprietor, exports it in glass bottles, bearing the name "Giesshübler Sauerbrunn," doubly and trebly charged with gas so as to bear travelling.

It is already in use in London, where there is a depôt for its sale, so perhaps we may soon have it in India for "pegs." It is very nice when iced, and it would be safer than soda-water as we can depend on this water being quite pure.

Its temperature at the spring is 45°F., and according to Liebig's analysis, a pound of it contains the following constituents:—

Giesshübler Water.			
Carbonic acid gas	55 cubic inches.
Bi-carbonate of soda	9·6 grains.
„ „ lime	2·7 „
„ „ magnesia	2 „
Chloride of sodium	·3 „
Sulphate of soda	·3 „
„ „ potash	·5 „
Iron, manganese, alumina, silica, lithia	}		... traces.

The bath physicians in Germany make a point of sending patients when they leave their first watering place to some other bath for the so-called "after cure," and the Carlsbad doctors recommend for various purposes, Ragatz, Teplitz, Wildbad, and Franzensbad.

Ragatz, in Switzerland, 1,500 feet above the sea, derives from

Pfeffers, 500 feet higher up, its supply of waters of the "indifferent" class, like those of Gastein, the old and aristocratic but small bath in Styria. It is in an open valley with Alpine scenery and a mild climate.

Wildbad, in the Black Forest, has also "indifferent" water. It is 1,300 feet above the sea, with a sub-Alpine climate and scenery, but as it is so accessible from London and Paris, it is inconveniently crowded. It has a peculiar breed of dogs, which look as if they were "gone in the fore-legs."

Teplitz, 650 feet above the sea, close to that picturesque district the "Saxon Switzerland," on a branch of the Prague and Dresden railway, is another "indifferent" bath.

The number of lame and paralysed patients at Teplitz and Wildbad is extraordinary, and the tales of rapid cures are wonderful.

Franzensbad, 1,300 feet above the sea, two hours by rail from Carlsbad, is an ugly place on a bleak moor near Eger, an Austrian garrison town on the frontiers of Bohemia, Saxony, and Bavaria. Its waters have the composition mentioned above, and it was selected for the author as the most suitable for Anglo-Indians. At parting, his physician at Carlsbad sent him to Franzensbad, "where you must not bathe, but drink whatever my friend Dr. So-and-so orders you."

On reaching Franzensbad, "my friend Dr. So-and-so" said, "on the contrary, you must drink no water here, but bathe alternately in mineral water and peat mud."

The author did as he was told, but did not derive any benefit. On reporting this he was informed he would feel the benefit after leaving Franzensbad, the pure mountain air of which always did patients so much good.

Fancy the "mountain" air of a moor in the heart of Europe and only 1,300 feet above the sea!

English patients cannot stand the monotony of existence at two German watering places in succession: they detest the food, and the defective sanitary arrangements are a perpetual thorn

in the side, so they had much better go home where they can be far more comfortable and have an "after cure" far more to their taste.

An Anglo-Indian has derived benefit from the Carlsbad water no doubt. He is told to remain at Carlsbad only three or four weeks and then to go to Franzensbad, where the mud baths are exactly the same, and the mineral water very similar.

Why not stop at Carlsbad, a much nicer place? "Better not." Should he try an "indifferent" bath then? "By all means." "Thank you, then he will try Buxton."

Buxton in Derbyshire, 900 feet above the sea, has really a bracing climate, it has lovely scenery, and it is at home, a point very much in its favour with Indian officers, who are naturally tired of living abroad.

Its appearance and waters are very similar to those of Schlangenbad, near Wiesbaden, the temperature of the water at the spring being 82°F. at the English, 80°F. at the German, bath.

"Indifferent" waters are merely thermal waters, and would attract no attention but for their temperature. They were formerly called "wild" baths, *Aquæ Ferinæ*, or *Thermæ Silvestres*, and an important share of their curative effects is due to the agreeable climate and scenery in which they are found.

The continued use of these lukewarm waters is beneficial in calming the nervous system in local neuralgias, and in various forms of functional paralysis after fever, typhus and diphtheria.

If our Indian invalid cannot stand the cold of an English seaside watering place, he cannot do better than go to Buxton (or Matlock which is of similar character), where probably his English friends would be happy to join him, though they would not go to Germany with him, as many stay at home. English people positively dread a long journey, and dislike foreign cookery.

If the patient finds it necessary to persevere in his thermal baths during the winter, let him go to Bath, which is a handsome town, having one of the best English winter climates, and every

convenience for continuing the "after-cure," as the addition of a little gypsum is of no consequence, and Bath with its water at 117°F. must be considered our best "indifferent" bath at home.

If a patient can stand a sea-side place in England in summer, he should go to one on the south or west, if he prefer mildness and moisture; to the east or south-east coast, if he prefer a dry bracing atmosphere.

Many people dislike Brighton, because it is too big and town-like, but dislike also the small places where invalids are so numerous as to bring on "blue devils."

As a happy medium we may suggest Scarborough, which has only 25,000 inhabitants of its own, but has a constant stream of visitors all through the summer and autumn. On its south Cliff, the "Cliff Bridge Company" has done everything to make visitors comfortable, having planted the sloping face of the cliff with trees, which give plenty of shade in the hot weather, and keep off the high winds on cold days.

It is connected to the north cliff by a bridge which saves you from climbing steep hills, and it has a hydraulic lift for carrying you up and down between the esplanade and the beach.

The roads are very good, and the cabs excellent. Many places of interest are within easy reach of excursions, a drive on a four-in-hand drag which runs daily to Filey and Bridlington being very popular. Decent hacks can be hired for riding at moderate rates, and there are skating rinks for those who do not ride, while the living is very fair both in lodgings and at the tables d'hôte of the hotels.

Two theatres are constantly open in the evening, besides other places of amusement, so that British invalids can have far more comfort and enjoyment here than at any German bath.

Dr. Ivor Murray has settled in Scarborough at 9, Huntriss Row. He was formerly in the army; but, after the Crimean war, he was appointed Colonial Surgeon at Shanghai and Hong-Kong successively. He looks remarkably well in his retirement, and speaks well of the climate for Indian invalids, who have found

him out and won't let him rest, for they (like the present writer) have proved the advantage of having access to a medical officer who has been long conversant with tropical diseases during his foreign service.

Dr. Murray takes advantage of the spa and of the hydropathic establishments in the town to put patients through a course of treatment like that of the German baths—early hours, simple diet, and regulated bathing and exercise.

The spa is not suited for Anglo-Indians, as it contains a great deal of lime and sulphate of magnesia, with very little sulphate of soda, while the water is cold. So they must first go to Carlsbad, and then come to Scarborough, where they will find Dr. Murray supplements the regimen of diet and bathing with the same saline that the Carlsbad doctors use—Hunyadi Janos water—when the liver is inclined to be sluggish.

This is far the most palatable form in which sulphate of magnesia can be given, and though it has by no means a strong taste a very moderate dose is sufficient to produce a gentle aperient effect—a sherry glassful at bed time, sometimes supplemented by another next morning on waking.

As the dose of Carlsbad water is from a pint to a pint and a quarter, no wonder some delicate patients find it too much. In such cases the bath physicians give a little Carlsbad water, and a little Hunyadi to begin with. Then a little Carlsbad water with a tea-spoonful of Carlsbad salts dissolved in it—then the regular dose.

Dr. Murray puts his patients into a sea-water bath at a temperature of 98°F., and gradually cools the water down to 68°F., but he does not recommend bathing in the open sea during the first summer of one's sick leave, as the wind is apt to bring on congestion of the liver. When this occurs, he packs the patient in a wet sheet with a mustard plaster over the liver. The plaster remains on for half an hour, and you stay in the pack nearly two hours, when you emerge with the pain gone. The process is not nearly so disagreeable as might be imagined.

The wet pack is coming more generally into use than formerly. We saw it used in a large general hospital as a matter of course for a case of obstinate dyspepsia, when everything else had failed. It had a good effect, and we heard from another professional friend that local packs over the abdomen are much used now and with success.

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The preceding remarks refer to officers on sick leave from India suffering from fever, liver, spleen, dysentery, diarrhœa, diabetes, gout, and rheumatism.

Ladies, from their spare diet and more regular life, are less liable to these climatic diseases, but they often suffer from feminine complaints, dysmenorrhœa, ovaritis, leucorrhœa, and a generally relaxed state of uterine and vaginal mucous membrane which makes life a burden to them, even if it does not produce sterility, which is often the case.

Carlsbad is of no use to the fair sufferers, but while their husbands are there let them go to Ems, Kissingen, Franzensbad or St. Sauveur, according as they may be advised by the eminent specialist whom they ought to consult in London on their return home. He will tell them where to go, and help them to make up a party with others. For the "after-cure" they can go with their husbands to Scarborough, and after that to Scotland or any place where they can get good food, pure air, pleasant society, amusement, and exercise without fatigue.

On no account must they give way to *ennui*; both for officers and their families judicious diet and rest, alternating with light and suitable occupation, are of far more importance than medicine.

For this reason no mention has been made of drugs. The writer took every febrifuge in the Pharmacopœia in every way, but without result. Greater relief and comfort were derived from ice than from anything else. Chapman's ice bags applied alternately to the head, neck, and spine, relieved the headache during the hot stage, and the bilious vomiting during the cold stage.

In India the patient can get nothing but beef-tea and chicken broth (jugged moorghee sirua, as the khansama calls it), but one soon tires of these, so it is a convenience to find that Brandt's essences are so portable and so savoury that one can with no trouble, and at small expense, procure tasty soups of beef, mutton, chicken, and turtle—the last very good.

But soups are not enough, the patient must have some alcohol, and this also should be supplied in different forms but all of the very best sort. An egg flip occasionally, well iced, but dry champagne and sparkling hock on alternate days are liked better than anything else and agree better with patients.

Ruinart's champagne is the best, and patients who are accustomed to it should take some with them for the voyage, paying corkage for this till they are strong enough to drink the "simkin" of the ship. The little screw taps enable you to draw off a glass at a time, and if the pint bottle is kept in ice, the contents are neither spoiled nor wasted. A wash leather waistcoat is very useful in protecting the patient from the sudden changes of temperature at home.

All this is mere nursing. Granted. But if the patient gets physic without nursing, he dies. If he gets intelligent nursing without physic, he recovers. Of such nursing, thanks to the care and kindness of his brother officers, the writer is an example.
